

## Psychology: Stress - Notes for 22/09/03

### **Problems with the Social Readjustment Rating Scale**

- Individual differences – one stressor affects different people in unique ways.
- Causality – the relationship between the SRRS score and health is correlational and tells us nothing about causality.
- Self reports – the SRRS is very subjective and people may forget events or exaggerate.
- Ethocentric Bias – the SRRS does not take into account other cultures and is predominantly based upon white, male, American experience.

### **Post Traumatic Stress Disorder**

- Extremely debilitating condition occurring after exposure to traumatic events where grave physical harm occurred or was threatened.
- Violent personal assaults and military combat are often causes.
- Flashbacks, nightmares and frightening thoughts are often experienced.
- Emotional numbness, sleep disturbance, depression, anxiety and outbursts of anger are common.
- Intense guilt is also experienced.